

Health and/or Nutritional Risk

While you were on the WIC program, health and nutrition needs were identified for you and your children. You received supplemental foods, nutrition education, counseling, and referrals to improve your health. "Continue using the information you have received to make healthy choices for you and your children."

Why Is Immunization Important?

- Shots protect you and your children against disease like measles, mumps, polio, and whooping cough.
- You and your children need shots on time to help protect against diseases.



Health Risks of Alcohol, Tobacco and Other Drug Use

- Smoking during pregnancy is the SINGLE most preventable cause of illness and death among mothers and infants.
- Fetal Alcohol Syndrome (FAS) has life long consequences for children and their families, but is 100% preventable. If you're planning a pregnancy or are pregnant, "**don't drink.**"
- When a woman is pregnant, there is:
 - No safe time for alcohol, tobacco, or other drug use
 - No safe amount of alcohol, tobacco or drug use
 - No safe type of alcohol, tobacco, or other drug use



Why Is Folic Acid Important?

Folic acid is a B-vitamin found in some foods and in vitamin pills. If women have enough of it in their bodies before pregnancy, this vitamin can prevent birth defects of the baby's brain or spine.

A Well – Balanced Diet Should Include The Following:

Folic Acid -Rich Foods: Folic Acid rich foods include chicken liver or giblets, dried beans and peas, beef or pork liver, WIC cereals, wheat germ, spinach, collard, turnip, mustard, beet greens, asparagus, Brussels sprouts, broccoli, and orange juice.



<http://www.mypyramid.gov/>

Iron-Rich Foods: Iron rich foods include organ meats, lean red meats, WIC cereals, enriched breads and grains, dried beans and peas, fish, poultry, peanut butter, dark green leafy vegetables, blackstrap molasses and dried fruits.

Calcium-Rich Foods: Milk and milk products such as cheese, yogurt, pudding, milk shakes, cream soups, ice cream or cottage cheese are good sources of calcium. Other sources include: canned sardines with bones, canned salmon with bones, mackerel, tofu, broccoli, greens (beet, collard, mustard, turnip) and blackstrap molasses.

Why Is Breastfeeding Good For Mother and Baby?

- Breastfeeding is the preferred method of infant feeding and should be continued for at least the first year of life.
- Breastfeeding can help a mother to bond with her baby.
- Nursing uses up extra calories, making it easier to lose the weight gained during pregnancy. It also helps the uterus to get back to its original size and lessens any bleeding a woman may have after giving birth.
- Breast milk is the most complete form of nutrition for infants. Mother's milk has just the right amount of fat, sugar, water, and protein needed for a baby's growth and development.
- Breast milk has antibodies in it to help protect infants from bacteria and viruses. Breastfed babies are more able to fight off infection and disease, such as diarrhea, ear infections, and respiratory illness such as pneumonia.



EXIT COUNSELING



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WIC and Nutrition Services
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Affirmative Action Employer

RELAY MISSOURI for Hearing and Speech Impaired 1-800-735-2966.
VOICE 1-800-735-2466.

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**Healthy Choices Make
You And Your Family Healthy!**